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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## Slash ALL your critical numbers and save your life with a single (bitter) pill

by Michele Cagan

**Y**our risk of heart attack—in the near future—may be much greater than you think.

If you have either type 2 diabetes OR high blood pressure, you're more than twice as likely to suffer a cardiac event.<sup>1</sup>

That risk jumps to eight times greater—an 800% increase—if you have both.

And when those two are combined with cholesterol problems, you face a 1900% risk increase... making it almost 20 times more likely that you'll suffer a potentially deadly heart attack, and soon.

You need to take control, lower those numbers, and lower your risk... today.

If you head to a mainstream doctor, chances are you'll walk away with a handful of prescriptions.

Or, you try to slash those numbers naturally instead, with the help of one single, powerful fruit that conquers them all.

### The deadly risk of metabolic syndrome

Whatever you call it—syndrome X, prediabetes, or diabetes—metabolic syndrome is deadly.

This combination of conditions sets you up for heart attack and stroke... and premature death. And you may not even realize you have it, because most of its symptoms are silent.

Metabolic syndrome is really a collection of dangerous conditions:

- high blood pressure
- high blood sugar (but not quite diabetes)
- high LDL cholesterol
- low HDL cholesterol
- excess fat around the waist

Having even one of these conditions can set you up for heart disease. And, as you saw above, piling them on increases your risk a lot.

Chances are, though, that these conditions show up one at a time. So your doctor starts to treat one. Then the next, then the next—and doesn't really look at them as one issue. And that makes sense, because there is no prescription drug that can treat all of this at once.

But there is a natural supplement that does. With this single remedy, you can get all of your numbers—including that waist size—under control, and fast. Which is a much better choice than taking multiple drugs that cause dozens of side effects.

### ***Polypharmacy means more chance of danger... or death***

To treat metabolic syndrome the mainstream way, you'd need to take *at least* three prescription drugs (polypharmacy)... probably more: one to bring down your blood pressure, another to lower your cholesterol, and still another to balance your blood sugar.

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## Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Slash all of your critical numbers

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And to make matters worse, these drugs typically don't work as a team. For example, taking a diuretic to lower your blood pressure or a statin for your cholesterol can increase your blood sugar—exactly the opposite of what you need to do. Plus, the chances of adverse effects and interactions soar if you go to more than one doctor or more than one pharmacy.

On top of that comes the risk of increased side effects, even death, especially in older patients.<sup>2</sup> For example, polypharmacy sets you up for (among other things)

- cognitive decline<sup>3</sup>
- falling<sup>4</sup>
- hospital admission<sup>4</sup>
- decreased quality of life<sup>5</sup>
- kidney disease<sup>6</sup>

That doesn't even cover the standard side effects of the individual drugs... and there are far too many of those to fit into a whole year of *Members Alert* issues.

But you don't have to worry about any of those, because a safer, more effective solution comes from just one natural source.

### This bitter fruit makes life sweeter

In a tiny region on the southern coast of Calabria, Italy, a unique super citrus fruit grows.

Bergamot is different than the citrus fruit you're used to. It's about as big as an orange, but yellow like a lemon. And while it's a little less sour than a lemon, it's much more bitter than a grapefruit.

That distinct bitterness comes from a potent compound called naringin. And, on its own, naringin has been proven in

### A big chance of high risk

Around 75 million Americans have metabolic syndrome, including almost half of adults over age 50.

multiple studies<sup>7,8,9,10</sup> to conquer high blood pressure, high cholesterol, diabetes, and high triglycerides.

And naringin is only one of the many powerful natural compounds found in the bergamot fruit. Neoeriocitrin and rutin, for example, protect LDL cholesterol from dangerous oxidation. Brutieridine and melitidine work the same way as statin drugs, but with a gentler touch, to get cholesterol under control. And a team of four—naringin, rutin, apigenin, and neoericitrin—all activate a key enzyme known as AMPK that regulates blood sugar and metabolism and improves insulin sensitivity.

With that unique combination of plant chemicals, bergamot is the only fruit in the world proven to impact *every* facet of metabolic syndrome. And when you extract and concentrate its juice, you get a supplement—called Bergamonte—that works like nothing else you've ever tried.

### Three more ways it can save your life

In the most recent study<sup>11</sup> on Bergamonte—and there are three human clinical trials—researchers discovered three more ways this citrus extract can help save your life.

In addition to knocking down LDL cholesterol, body mass index (BMI), triglycerides, and blood sugar, Bergamonte also had a powerful impact on cholesterol particle size, inflammation markers (CRP and TNF- $\alpha$ ), and the most deadly liver disease—NAFLD (nonalcoholic fatty liver disease).

For this trial, 107 metabolic syndrome patients who also suffered with NAFLD, took either 650 mg of Bergamonte or placebo twice daily for four months. By the end of the trial period, the patients in the Bergamonte group had significantly lower count of small dense LDL particles—the most dangerous kind of cholesterol. In

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# Ancient Viking currency fixes the most embarrassing problem (Where's the bathroom?!)

by Michele Cagan

If your bladder has been controlling your life, get ready to *take back control*.

No more worrying that you're too far away from the bathroom...

No more embarrassing leaks or accidents...

A good night's sleep!

You'll have that, without the risk of damaging side effects, thanks to an ancient Viking currency.

## One of the most embarrassing health issues

No one wants to talk about overactive bladder (OAB) because—let's face it—it's really embarrassing for adults to be wetting their pants.

But more than 25 million Americans are affected by this problem every day... many times a day... and every night. And they're all afraid to sneeze or cough or laugh out loud, because every time they do, they risk leaking urine.

That takes a toll on comfort and pride—it can transform even the most social people into homebodies, scared to venture too far from a bathroom.

Your sleep also suffers, from both the discomfort of a wet bed or the insistent urge to wake up and rush to the bathroom.

Between the daytime embarrassment and the nighttime sleep disturbances, your bladder is wreaking havoc on your quality of life.

### What went wrong?

When it comes to your bladder and urination problems, there are a lot of things that can go wrong.

For one thing, the nerves that signal your bladder could be too slow, so you don't feel the urge to go until it's too late. On the flip side, your nerves can overfire, so feel urgency all the time, whether you really have to go or not.

"Overactive bladder" happens when your bladder muscles contract involuntarily—even when there's hardly any urine present. Or it could be that your bladder is unable to hold its full volume of urine.

For men, there's the extra issue of BPH (benign prostate hyperplasia). When a swollen prostate presses on your bladder, it makes you feel like you have to urinate a lot more often. But at the same time, your prostate can stop your bladder from fully emptying—making the time much shorter for it to fill again.

But when you finally get up the nerve to go to your doctor and tell him about the problem, his solution can hurt more than it helps.

### A shot to the bladder

One of the more recent "advances" in OAB treatment involves injecting poison directly into the bladder.

That's right, they now make Botox for bladders. Because when this toxin hits your bladder tissue, it partially—and temporarily—paralyzes the muscles.

But, of course, there's a catch—and a pretty nasty one at that. Bladder Botox comes with the risk of making it harder to fully empty your bladder.

So much harder, in fact, that it's recommended that you know how to—and that you're willing to—catheterize yourself if necessary.

### BPH complicates OAB

As if having bladder issues weren't enough, many men suffer from prostate problems as well, usually in the form of BPH (benign prostate hyperplasia). If you suffer with both, you know that the BPH can really aggravate the OAB when your prostate presses on your bladder, filling your day and night with an unreasonable number of bathroom trips.

And this may actually be a better choice than the dangerous drugs often prescribed.

### Pee your pants or lose your mind?

It's an outrageous trade-off.

The primary drugs used to treat overactive bladder and incontinence carry some of the most insidious side effects out there: They slowly eat away at your mind, memory, and mood.

This type of drug (which includes prescription medications such as Detrol, Vesicare, and Oxytrol) is in a class called anticholinergics. And there is a LOT of research demonstrating the terrible toll these drugs can take on your brain... after as few as two months of use. Plus, if you add a second drug with the same impact—which includes unexpected everyday medicines like Benadryl or Tylenol PM—your risk of cognitive decline skyrockets.

- One study<sup>2</sup> concluded that "anticholinergic medicines can cause cognitive impairment," and urged doctors to pay attention when treating patients for overactive bladder with these drugs
- Another study<sup>3</sup> found that using two or more anticholinergic medications—for example, taking an OAB drug and an allergy medication like Benadryl—puts you at greater risk of being hospitalized for confusion or dementia
- The massive problems with anticholinergic drugs led a research team to develop a "Drug Burden Index"<sup>4</sup> to measure their potential negative impact on both physical and cognitive function in older adults.
- A recent Japanese study<sup>5</sup> found that anticholinergic drugs caused

# Transform your mind into a steel trap and clear mental fog in minutes

by Michele Cagan

If your brain feels too tired to read this... keep reading.

Because in no time at all, you can get your mental energy and clarity back, maybe even better than before.

All it takes is one tasty chewable wafer to clear that mental fog so your brain can shine.

## "I feel really sharp"

Laura Thomas *needs* her brain on full power. The 61-year-old professor has to teach back-to-back classes, then correct compositions, and grade exams—and that requires a lot of mental energy.

But sometimes, especially late in the day, or when driving at night, Laura felt her brain power and focus drop.

And then a friend told her about "energy wafers," so Laura gave them a try.

"I had a lot more mental clarity," she told me. "It was very noticeable—I can sit for a long time now and concentrate. It helps me think more clearly and focus better when I'm going into a class, even one after another. And there's even a memory bonus."

On top of that, Laura finds night driving much easier. "I'm on the road a lot," she said. "And the wafers help my driving focus, especially at night. I always take one right before I hit the road."

"I feel really sharp when I take it."

## Your brain cells need a lot of energy

When it comes to cell health, mitochondria (your cells powerhouses) mean everything. This is even more critical in brain cells: Since nerve cells have even more mitochondria than other cells, they have a higher energy need.

Without perfect mitochondrial membranes, everything breaks down. These crucial membranes are made up of very fragile essential lipids, which are constantly under attack, particularly from oxidative damage. And, like many things, our natural supply of lipids declines with age.

So your body desperately tries to fix those damaged lipids... but it can't make perfect repairs... unless you give it perfect raw materials.

What your mitochondria—and your brain cells—need are pristine phospholipids. With a flawless supply, your body can use these replacement lipids to:

- replace damaged mitochondrial membrane lipids
- revive perfect mitochondrial function
- fix and protect precious brain cell membranes
- restore optimal cell signaling
- even help prevent further oxidative damage

And there's a proven source of the exact phospholipids your brain needs to keep you as sharp as a tack.

## 74% see improved mental clarity

The phospholipids in these Vibrant & Clear Energy Wafers work fast to improve your brain power.

In a groundbreaking study<sup>1</sup>, most subjects saw major improvement within just one hour of taking the supplement (a 600 mg dose of the exact same phospholipids as the wafers). Many even felt a difference within fifteen minutes.

And when the researchers measured those changes, they realized just how big the mental energy boost was. An unheard of 74% of the subjects reported increased mental clarity. Plus, on average, mental fatigue improved by 49.4%.

That was with just one dose. And a dose that's only half the amount of phospholipids you get in a single, delicious wafer.

## "I used to feel overwhelmed and mentally fatigued"

HSI member Elizabeth Kane (87 years old) likes to try the new things she learns about... but with a touch of skepticism.

So when she read about Vibrant & Clear Energy Wafers in her *Members Alert*, she ordered them, only half-believing that they *might* work. Then she and her daughter, Jen (age 56), tried them.

By day three, Jen noticed a difference—and just a few days later, Elizabeth noticed improvement, too.

"I'm more energetic, and have a lot more stamina," Jen told me. "I really feel like getting things done, and I even feel more enthusiastic about mundane chores. And I can last longer mentally now, and I have more clarity. I also remember things I used to forget. It's immensely better! And my mom seems more enthusiastic and engaged, too."

With a demanding nursing career, Jen used to be exhausted at long shifts at the hospital. And she also struggled with some knee pain and carpal tunnel syndrome. "But I really don't notice the pain at all anymore," she said. "And I'm less tired, even when I've worked several long shifts in a row. I have so much more stamina, I can keep up with the 20-year-olds!"

And the wafers greatly improved her thinking as well. "I can recall things quicker, and find the right word faster. Before, long shifts made me feel overwhelmed and mentally fatigued. Now I can think through more clearly. And I definitely feel less foggy in the morning."

## Exactly what you need to ramp up brain power

Vibrant & Clear Energy Wafers contain more than ten crucial phospholipids, including

- **Phosphatidylethanolamine (PE)**, the main lipid found in cell membranes—as much as 45% in the brain
- **Phosphatidylcholine (PC)**, which helps grow new brain cells and connections

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## Slash all of your critical numbers

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addition, biomarkers of NAFLD were significantly reduced. And, of course, all the numbers looked so much better (in the Bergamonte group only)...

- BMI was reduced by 4%
- fasting blood sugar dropped by 17%
- LDL cholesterol plummeted 38%
- HDL cholesterol increased by 29%
- triglycerides dropped 31%
- CRP fell 22%
- TNF- $\alpha$  decreased 26%

With its substantial positive impact on so many health dangers, Bergamonte may help save your life.

### Better than statin drug in key measures

In 2013, researchers pitted Bergamonte against a statin drug in a 30-day clinical trial, with impressive results for patients with high LDL cholesterol and triglycerides.<sup>12</sup>

At every turn, Bergamonte rivaled a 10 mg dose of rosuvastatin, even beating it in two key measures (See TABLE below). And Bergamonte did that without any of the negative side effects that statin drugs are known to cause.

And unlike statins, Bergamonte also has a *positive* effect on blood sugar, inflammation, and blood pressure.

### A 39% drop in triglycerides

HSI members learned about the first human trial of Bergamonte back in 2010, before it had even been published.<sup>13</sup>

And the results remain just as impressive. That 30-day placebo controlled trial, which included 238 patients with high cholesterol—some of whom also had high blood sugar—

gave us an early glimpse of just how effective Bergamonte can be.

Patients in the Bergamonte group saw, on average:

- a 36% plunge in LDL cholesterol
- a 39% decrease in triglycerides,
- a 22% drop in blood sugar levels
- a 40% increase in healthy HDL cholesterol

All of that from a single, safe solution... instead of a handful of potentially dangerous, or hard to deal with, drugs.

### Insulin use cut by half

An honest-to-goodness cowboy, Bob Stratton rode bulls and won trophies as part of a roping team, and still goes hunting with his bow and arrow... despite living with diabetes.

"I had a heck of a good time," Bob (now 64 years old) told me. "But what I don't like is taking insulin—I hate all the injections."

Thanks to Bergamonte, though, Bob has been able to cut his insulin use by half. "That's A-plus to me," he said. "My goal is to get off insulin, so I'm real pleased with Bergamonte."

In fact, in less than two months on Bergamonte, his morning sugars dropped down between 75 and 125. "My morning sugars never looked that good before. My endocrinologist can hardly believe my sugars are that good."

"To me," Bob said, "Bergamonte is God-sent. I'm thankful for that."

### A 60-point plunge in cholesterol

"My total cholesterol dropped from 267 to 207, and my LDL went from 182 down to 125—in just three months."

Cindy Walters like to control her own health choices. So when she found

out her cholesterol was high—"even though I was behaving"—she knew she had to do something. But that something would not be statin drugs, and she made that very clear to her doctor.

Then, Cindy found out about Bergamonte.

"It's the first thing I tried for cholesterol—and it worked!"

"Keeps my metabolism up and my cholesterol down"

"I've taken other supplements but I've never seen results like these," said Tom Hinton. "The Bergamonte keeps my metabolism up and my cholesterol down."

Tom watches his diet... somewhat. So his weight tends to go up and down. But when he started taking Bergamonte (about three months ago), his metabolism really kicked in. Now Tom eats "whatever the heck I want," and still his weight stays steady.

"I'd been really busy at work, too busy to work out for about three weeks, but I didn't gain any weight. Then I pigged out for four or five days. And my weight still stayed in the sweet spot!"

"Without a shadow of a doubt, Bergamonte changed my metabolism, in just about two weeks."

### Defeat metabolic syndrome with Bergamonte

Bergamonte is the only supplement that impacts all the facets of metabolic syndrome *plus* helps your body combat inflammation and liver disease.

The manufacturer recommends taking two Bergamonte capsules twice a day, in the morning and evening thirty minutes before eating, for the first month. After that, they recommend a maintenance dose of two to four capsules daily depending on your results.

You can find ordering information for Bergamonte in the Member Source Directory on page 8. HSI

- **Phosphatidylserine (PS)**, the superstar phospholipid that directly influences cognitive performance, neurotransmitters, and memory

Most (if not all) of the phospholipids have been studied extensively, but none more than PS. In fact, dozens of trials have looked at the brain-protecting powers of PS, especially in connection with dementia and cognitive decline.

And results may just blow your mind.

### Halting Alzheimer's disease progression with PS

In this three-month double blind, placebo-controlled clinical trial<sup>2</sup>, researchers saw an unexpected positive impact on older adults and patients with Alzheimer's disease (AD).

The patients were given a supplement containing PS and phosphatidic acid (PA)—just two of the essential phospholipids found in Vibrant & Clear Energy Wafers—or placebo.

And the scientists were stunned by the results. Older patients (without AD) in the supplement group had improved memory, and avoided the “winter blues.”

But here's the real shocker: Progression of AD *halted* in the supplement group, while the placebo group continued to decline rapidly. In the stabilized AD patients, the impact was most obvious in their daily functioning and emotional state.

These results make a lot of sense. Scientists have known since the 1990s<sup>3,4</sup> that AD alters and degrades brain phospholipids (especially phosphatidylethanolamine).

### Revived recall... and lower blood pressure?

A recent pilot study<sup>5</sup> found that supplementing with PS daily for twelve weeks significantly increased the brain power of older adults with memory complaints. And it wasn't just their memory that got better.

The researchers noted improvements in several key areas (including memory)

- memory recognition
- recall

- executive function (organization, planning, decision-making)
- mental flexibility
- total learning

The researchers also noted an unexpected and significant improvement in both systolic and diastolic blood pressure, which can also help protect your brain.

And another new study<sup>6</sup> found that supplementing with PS improved memory function in patients with existing cognitive impairment. The researchers reported that PS helps your brain cells survive and function, and helps regulate key neurotransmitters, which regulate your mind and your mood.

### “My mind felt brighter”

Last year, Sarah Bowton's life changed.

She'd been suffering with deep depression and a profound lack of energy, along with memory loss and migraines. And about a year ago, Sarah's daughter told her to try Vibrant & Clear Energy Wafers.

“I felt about 60% better after just one week,” she said.

The first thing Sarah noticed was a surge in her physical energy. Then, she told me, “My mind felt brighter, and I could remember better. Before, I was depressed and fatigued all the time, I couldn't do anything. But the wafers really made a big difference. I think they even helped with my migraines.”

Now Sarah tells so many people about her experience with the wafers, including her mother, who suffers from Parkinson's disease.

“I feel so much better,” said Sarah. “I don't even need the depression medicine anymore.”

### “Now I can do it, thanks to the wafers”

HSI member Bob Creighton was worried about his wife, Diana.

She'd suffered with the pain and fatigue of fibromyalgia for more than twenty years. And, for as long as she can remember, 62-year-old Diana has struggled with low energy and diminishing mental power.

Then in an HSI *Members Alert* (May 2014), Bob read about Vibrant & Clear Energy Wafers and their impact on fibromyalgia. And he convinced Diana to try them.

“I've had great success!” Diana raved. “My fogginess improved so much, and it even increased my energy and decreased my pain. Since I've started taking them, it's the longest time I had without a flare-up, more than six months! They've made a very big difference for me.”

“I used to have the worst mental fog,” she reported. “I couldn't think of the right word—it would be right on the tip of my tongue, but I couldn't quite get it. And, before, I was a fastidious list maker, I had to be. But now I can remember things without the list.”

The wafers have also let Diana get back to living her life to the fullest, and keep up with a busy schedule, where before she was *so tired* just getting through the day. “Before the wafers, I couldn't do the things I wanted to. Now I can volunteer with the young ladies' group at church, and work in nursing homes and care homes. It's very rewarding work, but also very draining—but now I can do it, thanks to the wafers.”

### Boost your brain power—fast—with Vibrant & Clear™ Energy Wafers

If you're looking for a brain power boost (and, really, who isn't?), Vibrant & Clear Energy Wafers can supply all the energy your brain needs.

The manufacturer recommends taking one wafer daily, as needed, for maintenance. For the best results, take up to six wafers per day, in two or three divided doses.

A note: When you open the bottle, you may notice the wafers look weird and crunchy. They do look weird, but they aren't crunchy or hard to chew—they practically melt in your mouth.

You can find ordering information for Vibrant & Clear™ Energy Wafers in your Member Source Directory on page 8. **HSI**

## Viking cure for the most embarrassing problem

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cognitive impairment in older people and urged doctors to be more aware of the drugs' impact because the side effects are "easily overlooked"

- A large study<sup>6</sup> of 1,380 subjects found that anticholinergic drugs were associated with "worse cognitive and functional performance" in older adults

But now, thanks to an ancient Viking discovery, you don't have to choose between your bladder and your brain.

### The Viking solution to OAB

Thousands of years ago, strapping seafarers sailed the Earth in search of trade. And on these expeditions, the Vikings of Iceland brought along their most prized plant.

Packed with potent medicinal qualities, Icelandic *Angelica archangelica* was used by these fierce adventurous traders as precious currency. It was so valued that the law included harsh penalties for anyone caught poaching archangelica off another man's land.

And while they spread its seeds around the globe—from Greenland to North America—there's no other archangelica quite like the variety that grows in the pure air and soil of Iceland. There, it grows very fast, and gets as tall as a proud Viking. Plus, thanks to Icelandic periods of 24-hour sunlight during the arctic midsummer, this plant boasts concentrations of nutrients and phytochemicals stronger than any other.

Now all the potency of Icelandic archangelica is available to you, and its unique healing properties will restore your comfort, your pride, and your quality of life by treating issues like

- overactive bladder
- frequent urination (more than 8 times in 24 hours)
- bladder spasms and inflammation
- incontinence
- night-time awakenings to urinate (*nocturia*)

- bed-wetting
- incomplete bladder emptying
- interstitial cystitis

And because Icelandic angelica impacts the bladder directly, it works for both men and women.

### Improves bladder strength, signals, and capacity

With a groundbreaking extract Icelandic angelica called SagaPro Bladder Health, you may never have to map out restrooms, skip road trips, or struggle to get back to sleep after yet another midnight bathroom rush.

Thanks to a unique combination of natural compounds—including *isoquercitrin* and other flavonoids, polyphenols, and polysaccharides—SagaPro can help you be in control of your bladder in a few very important ways.

First, SagaPro has a unique anti-inflammatory activity that affects only a very specific pathway in the bladder. This is different than what you normally think when you think about inflammation—it doesn't impact arthritis or asthma. It only affects bladder inflammation.

Then, the angelica calms down the nerves that control bladder signals, and gets them functioning properly. Whether your nerves over- or under-fire, SagaPro brings them back into balance, so you get the right signal at the right time.

Finally, SagaPro increases bladder strength and capacity, along with the ability to truly empty your bladder, all the way.

#### Not the same

You may hear a lot about angelica in natural medicine circles—but this angelica is not the same. More commonly, people will be referring to *Angelica sinensis*, also known as Chinese angelica or dong quai... an entirely different plant.

What does that mean in terms of your life?

### 170% better: Fewer bathroom trips, more sleep

A groundbreaking study<sup>7</sup> found that using SagaPro changed people's lives for the better.

The eight-week double blind, placebo-controlled study included 69 older men with reduced bladder capacity (not just enlarged prostates) and nocturia. And the results in the SagaPro group speak for themselves:

- 170% increase in bladder capacity (compared to the placebo group)
- three times more sleep before the first awakening to urinate
- up to 50% reduction in night time bathroom trips
- significantly improved ability to hold urine

Those improvements show what SagaPro can do for men... but it works wonders for women, too.

### "No more worries about peeing my pants!"

Dana Nielson loves to play tennis—but for a long time, she just couldn't enjoy herself. Because due to weak bladder muscles, every time she served, she leaked.

It got to the point where Dana needed a full adult pad just to play a game. After about a half hour of play, she'd be rushing to the bathroom. And that was even after she tried a physical therapy program for bladder control, and did countless Kegel exercises.

"I don't really have a medical condition," she told me. "But I had a late-life baby, and that weakens bladder muscles. And then I tore my Achilles tendon and was stuck in a boot, which threw off my gait—and that also weakens the bladder floor."

Dana was feeling discouraged. And then a friend told her about SagaPro.

"I was amazed! I noticed a difference

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## Viking cure for the most embarrassing problem

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in the first two weeks. It's so much better now. I may still leak a little when I serve, but nothing like what used to happen. If anything, I may need a small pad when I play tennis—but that's it."

She's been taking SagaPro for about a year now, and it's "by far my favorite thing I take," she raved. "I can play tennis again... without worrying about peeing my pants. No more embarrassment!"

### **"I don't have to scan for restrooms anymore"**

Helena Jonsdottir was stuck, always looking for the next restroom. Just going to the next town caused her anxiety, even though it wasn't a long drive.

"It wasn't necessarily that I absolutely *had* to go—it was just this feeling," she said.

Then Helena learned about SagaPro, and everything changed.

"I don't feel I have to start scanning for a restroom wherever I go. And going out of town isn't as big of a deal as it used to be. Now I can take longer drives without having to plan trips around public restrooms or having to wonder whether this or that relative is home or not and whether I will be able to use their facilities."

"My quality of life has definitely increased since the restroom trips aren't as common... and my mind isn't as busy with this chronic problem."

### **"One little tablet increased my quality of life so much!"**

Don Reston reports: "I would never have believed that one little tablet could increase my quality of life so much! My wife and I both have much more restful sleep now, too."

Ellen Martin had this to say: "I am very happy to have discovered SagaPro! After only a few days, I have seen great improvement."

"Thanks to SagaPro I'm no longer preoccupied at every event. My quality of life has clearly increased!" said Hannah Aaron.

### **A new line of research**

While bladder issues brought Icelandic angelica to the attention of researchers, what they learned quickly refocused the science. It turns out that this ancient form of angelica has strong anti-tumor properties, turning research attention away from OAB and toward cancer.

Theresa Minton will never go another day without SagaPro. "It truly is fantastic and I would recommend to anybody looking for bladder support. I have my own dance school and can teach for hours without any trouble, it has helped me tremendously!"

### **SagaPro Bladder Health restores control, sleep, and pride**

If you've been hiding out, embarrassed by your overactive bladder, get ready to make plans. SagaPro Bladder Health can have you back in control, and back to yourself, in no time at all.

The recommended maintenance dose is one SagaPro tablet daily.

The manufacturer suggests starting with two SagaPro tablets per day, then reduced down to the recommended maintenance dose of one tablet daily. For the best results, take SagaPro when you're most affected: If you have more trouble during the day, take it in the morning, but if you struggle more with night-time issues, take it in the evening.

You can find ordering information for SagaPro Bladder Health in your Member Source Directory below. HSI

## MEMBER SOURCE DIRECTORY

**Bergamonte®**, Herbal Ultra Corporation, PH: (800)200-4180; [www.herbalultra.com](http://www.herbalultra.com). One 60-count bottle of Bergamonte costs US\$39.95. HSI members will receive special savings: Get one free bottle when you buy three, plus free shipping. Simply use code HSI25 to take advantage of these exclusive member savings. Product available only in the U.S.

**SagaPro Bladder Health**, Terry Naturally Vitamins, PH: (866)807-2731; [www.TerryNaturallyVitamins.com](http://www.TerryNaturallyVitamins.com). SagaPro costs US\$29.95 (plus shipping) for 30 tablets, or \$51.95 for 60 tablets. HSI members will receive free shipping by using code HSISAGAPRO through March 31, 2015. Free shipping is available only in the continental U.S.

**Vibrant & Clear Energy Wafers**, Markit Health, PH: (800) 950-0387; [www.WaferEnergy.com](http://www.WaferEnergy.com). One 60-count bottle of Vibrant & Clear Energy Wafers costs US\$49.95. HSI members will get special, exclusive savings: Buy two bottles (at regular price) and get a third bottle for half price, or buy six bottles for the price of four. Simply mention HSI to take advantage of these special savings. Minimum order for customers outside the U.S. is three bottles.

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